



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

LSH - BEAUTY EVERYWHERE YOU LOOK!

THE SPECTRUM

LOGANSPORT STATE HOSPITAL

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July 2021

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Photo by Mike Busch

Logansport State Hospital

From the Superintendent's desk...



Dear Team,

The Indiana Family and Social Services Administration *Build, Learn, Grow* initiative, has made 50,000 scholarships available to help get Hoosier children from families working in essential industries – regardless of income – enrolled in early care and education, summer learning or out-of-school care. Scholarships run from May through October 2021 and will cover up to 80% of the early care and education program's tuition for each child age 12 and younger. Information is available at www.BuildLearnGrow.org. For families to qualify for *Build, Learn, Grow* scholarships, an

adult in the household must work in an essential business (examples include health care, human services, retail, restaurant and food service, essential infrastructure, media, manufacturing and logistics, religious and charitable organizations and many others). Income guidelines are outlined [here](#). Families will qualify for The *Build, Learn, Grow* scholarship to cover 80% of their cost with incomes of up to 250% of the federal poverty level. Families with incomes between 251% and 400% of FPL will qualify for 60% of costs covered and those with incomes at 401% of FPL and above will qualify for 20% of costs covered. Families should complete the *Build, Learn, Grow* Scholarship Fund application found [here](#) and submit it to their early care and education provider. Families not currently connected to an early care and education program will be able to find a list of

participating programs on the *Build, Learn, Grow* website also on the eligibility page. All providers who currently accept federal child care assistance are encouraged to enroll.

The scholarships are funded by more than \$101 million provided to Indiana by the federal Coronavirus Response and Relief Supplemental Appropriations Act, or CRRSA. To administer the *Build, Learn, Grow* scholarship program, the Office of Early Childhood and Out-of-School Learning has partnered with Early Learning Indiana and Indiana Afterschool Network, the state's leading organizations supporting early care and education and out-of-school-time programs. Early care and education and out-of-school-time programs interested in receiving children with *Build, Learn, Grow* scholarships can learn more at www.BuildLearnGrow.org.

Sincerely,
Bethany Schoenrad
Superintendent

SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe.....	Information Specialist, Spectrum Editor	
	& Photographer	ext. 3803
Brian Newell.....	Librarian	ext. 3712
Mike Busch	Community Engagement Dir. ...	ext. 3612
Paula Green Scheffer..	Clerical Asst.....	ext. 3634



POLICY UPDATES

The following LSH policies were reviewed/updated in June (All Staff are to read all changed Policies)

- ▶ **A-1 Notification of Unusual Incidents** – *No changes were made.*
- ▶ **A-57 Employee's Personal Items Damaged** – *No changes were made.*
- ▶ **A-63 LSH Acceptance of Patient Mail and Packages** – *Clarification regarding the allowable items list by unit was added.*
- ▶ **C-38 Sentinel Event/Root Cause Analysis** – *Removed the bullet point referring to Rape/assault. Added bullet points with new JC definitions of sexual abuse/assault, physical assault and homicide. Also added definition of sexual abuse/assault and pertinent information.*

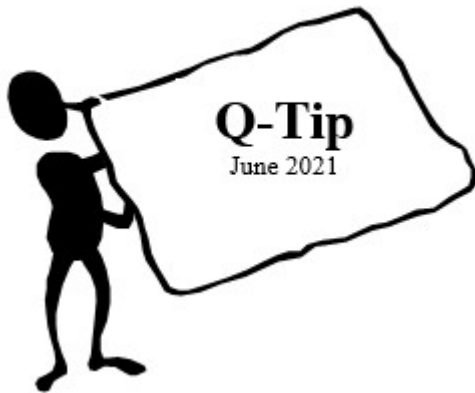
LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on "Hospital Policies (PolicyStat)" button-top center of home page outlined in green
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on "change location" in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.



High Reliability Organization - Q-tip



High Reliability Organization (HRO)

By Quality Management

By working together, we can allow a positive safety culture to flourish moving LSH closer to becoming a High Reliability Organization.

At the core of high reliability organizations (HROs) are five key concepts, which we believe are essential for any improvement initiative to succeed:

Sensitivity to operations. Preserving constant awareness by leaders and staff of the state of the systems and processes that affect patient care. This awareness is key to noting risks and preventing them.

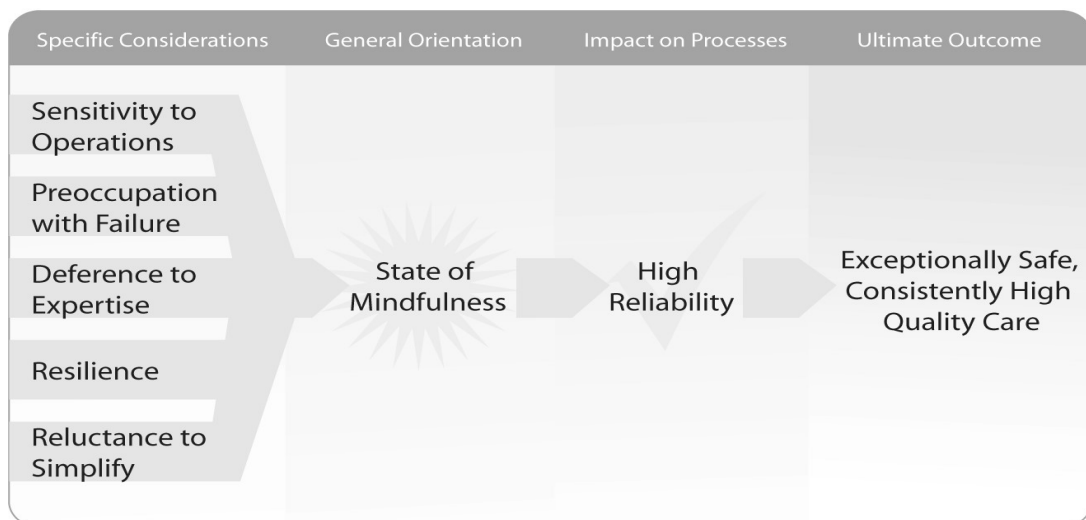
Reluctance to simplify. Simple processes are good, but simplistic explanations for why things work or fail are risky. Avoiding overly simple explanations of failure (unqualified staff, inadequate training, communication failure, etc.) is essential in order to understand the true reasons patients are placed at risk.

Preoccupation with failure. When near-misses occur,

these are viewed as evidence of systems that should be improved to reduce potential harm to patients. Rather than viewing near-misses as proof that the system has effective safeguards, they are viewed as symptomatic of areas in need of more attention.

Deference to expertise. If leaders and supervisors are not willing to listen and respond to the insights of staff who know how processes really work and the risks patients really face, you will not have a culture in which high reliability is possible.

Resilience. Leaders and staff need to be trained and prepared to know how to respond when system failures do occur.



Huntsinger visits LSH

Doug Huntsinger visits LSH

Doug Huntsinger, the Executive Director for Drug Prevention, Treatment, and Enforcement, and Chairman of the Indiana Commission to Combat Drug Abuse, visited LSH on Wednesday, July 21. His visit was to see firsthand our facilities, and to learn about our treatment programs. Hosting Mr. Huntsinger's visit were Asst. Superintendent Daryl Hall, Medical Director Dr. Danny Meadows, Community Engagement Director Mike Busch, and ISPHN Executive Director Katrina Norris. Our guest was very impressed with the facilities we have here and told us he appreciated learning about the challenges we face here, including keeping our patients on the right path to recovery post-discharge, limited budgetary resources, and staffing recruitment and retention.



Photo provided

Minks Promoted to Plant Director

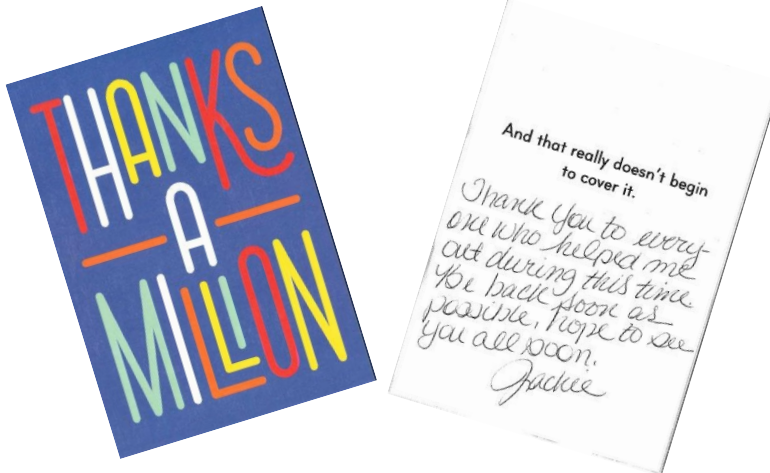
Please join me in welcoming Eric Minks to his new position as Physical Plant Director. Eric joined the Logansport State Hospital team in December 2018 as a Maintenance Foreman. Eric was then promoted to Maintenance Repair Supervisor in December 2020. Prior to coming to Logansport State Hospital, Eric worked in a variety of positions in the maintenance arena. Most recently, Eric ran and managed his own drywall business for a number of years. Eric holds a bachelor's degree in Building Construction Technology from Purdue University.

Eric will begin his new duties effective Monday July 26, 2021

R. Daryl Hall

Assistant Superintendent/Director of Operations

Thank You from Jackie Cain!



How to Access Training

1. TRAINING SHOULD ALWAYS BE ACCESSED USING GOOGLE CHROME

(If you stop in the middle of training, other browsers will not allow you to resume where you left off)



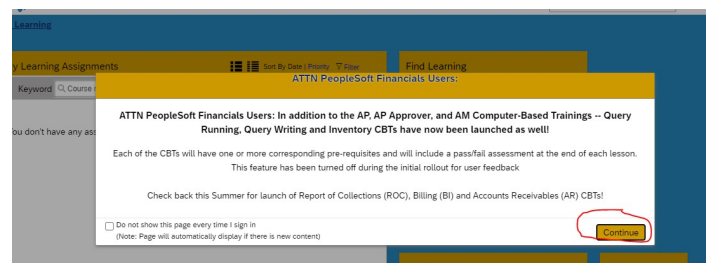
2. Go to SuccessFactors



3. FROM YOUR DASHBOARD SELECT THE HOME MODULE



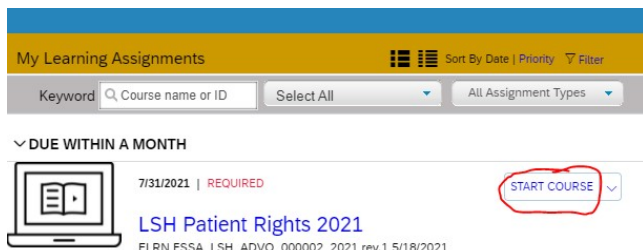
4. NEXT, CONTINUE



...Continued on Page 7

...Continued from Page 6

5. ANY TRAINING YOU ARE ASSIGNED SHOULD BE LISTED IN THE "MY LEARNING ASSIGNMENTS" COLUMN
6. TO INITIATE TRAINING, CLICK ON START COURSE



7. USE THE PLAY BUTTON TO BEGIN, & FORWARD BUTTONS TO MOVE

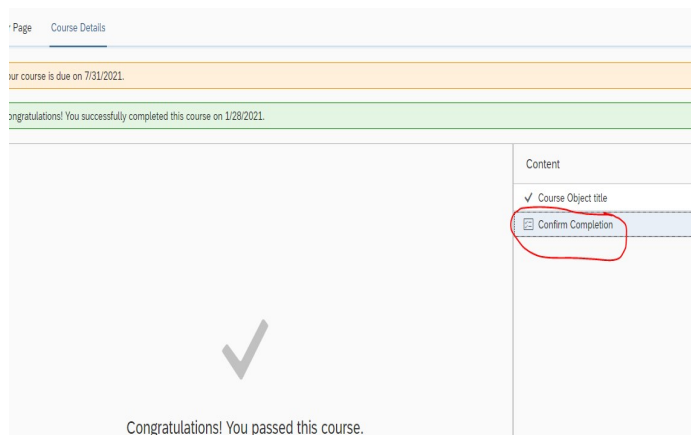


8. REMEMBER TO SUBMIT ANSWERS AND FOLLOW PROMPTS TO MOVE TO THE NEXT QUESTION
**clicking multiple times may skip questions and

could result in not passing the quiz

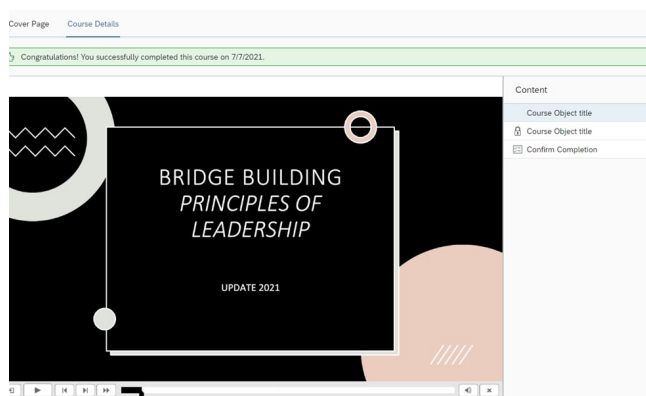
9. FINALLY, CONFIRM COMPLETION

(if you receive an error message stating that you have not completed the course content as required, try clicking on the "confirm completion" tab again, as it is likely that you are just to quick for the system)



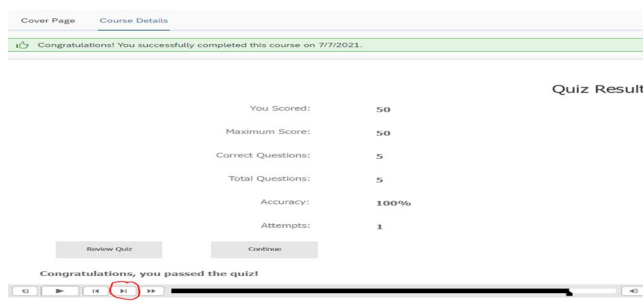
How to Complete Training with multiple courses

1. START THE COURSE



****NOTE TO THE RIGHT THERE IS A LOCK ON THE SECOND LISTED COURSE OBJECT TITLE, PLEASE USE THE FOLLOWING STEPS TO HELP YOU NAVIGATE**

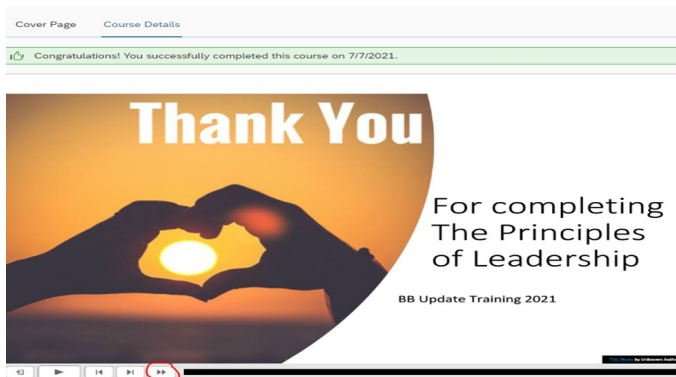
2. AFTER COMPLETING THE QUIZ, USE THE FORWARD BUTTON, AS SEEN BELOW



...Continued on Page 8

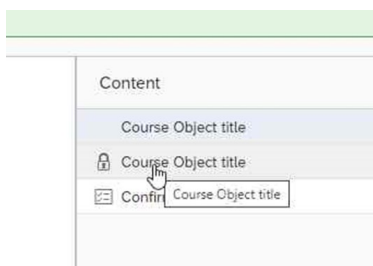
...Continued from Page 8

3. DO NOT USE THE EXIT BUTTON AT THIS TIME, INSTEAD



USE THE FORWARD BUTTON AS INDICATED

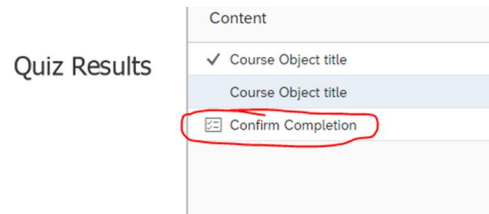
4. NEXT CLICK ON THE COURSE CONTENT WITH THE LOCK, AS SEEN HERE



5. AFTER THAT CLICK ON THE PLAY BUTTON, YOU SHOULD NOW SEE PART 2 OF THE TRAINING



6. AFTER YOU HAVE COMPLETED THE 2ND QUIZ, CLICK ON COURSE COMPLETION



You have now navigated through your first LSH training via the Indiana Learning Portal.

Please contact me @ LSHTraining@fssa.IN.gov with questions or concerns.

Thanks,

Bobbi

July Changes at LSH!

Position Changes

Bethany Odom to Comm. Operator
Eric Minks to Phys. Plant Operator

Re-Hires

Stover, Korrine
Whitehead, Tyler H

New Hires

Jeffery Gipson Jr.
Sonya Cowger
Connie Dordoni-Howard
Kyiah Elmore
Tyrone Flowers

Retirements

Tammy Gochenour
Kathy Huddleston
Rebecca Donnelly
Stephen Whaley
Nancy Vernon
Kristi Tribbett

Farewells

Cary Miller
Maria Arellano
Nicole LaOrange
Abigail Gordon
Aidan Lewis
Alicia Gibbs
Jessica Seward
Jennifer Smith
Jared Dirrim
Shiana Waid

Farewells

Tara Lease
Ayla Vandergriff
Maureen Hartleroad
Zayne Scott
Terri Overpeck
Veronica Kesse
Dominick Powers
Leonardo Olridge
Anna Wilkinson
Dorothy Hill

LONGCLIFF MUSEUM: Art-n-Facts

The Solid Rock Fence

By Jerry Kelley, retired Rehabilitation Therapist (1965 – 2003)



"J Mattes 1916"

(Inscribed stone at North Gatepost.)

The solid stone fence located east of Cherry Lane is 1,188 feet long, from end pillar to end pillar. It is constructed of field rock, flat stones, and mortar. The fence was designed by Julius Mattes, an immigrant from Germany with craftsmanship and landscaping skills. He was hired by Dr. Rogers in 1892 and it was the last job he ever had to apply for; he worked at the hospital for the rest of his life until his death in 1934. In 1915 and 1916, he supervised the building of rock walls, entrance gates and arched bridges. With the assistance of patients, the farm fields were gleaned of rocks to be used in the building of the solid structures, along with the other rock structures.



...Continued on Page 10



The fence has stood the test of time. It is over one hundred years old and has not developed one crack. The precision with how it was constructed has avoided a torque (pressure point) where a crack could develop, causing it to split with each side slanting in opposite directions. To build the fence, a line was stretched from pillar post to pillar post. There are six pillars between the end pillars; the sections are of various lengths, the longest being 204 feet long. A trench was dug underneath the line. The trench was approximately 14 inches-wide and it was leveled and tamped down forming a solid foundation. Boulders and large rocks were placed in the trench with smaller rocks glued in with mortar. The fence is a solid wall up to 14 inches wide. It ranges

from four feet to five feet high. Two decorative rows, made up of baseball-sized rocks, were placed on top of the fence. Long, flat stones were placed at intervals throughout the fence for added reinforcement. The ground of the base of the fence was sloped downward to allow water to run away from the foundation, preventing freezing and thawing damage.



There are six romance benches built into the fence at various intervals. When a young couple would sit on a bench, the guy could propose to the girl of his dreams. Whereas a man in the doghouse could whisper sweet nothings in his wife's ear until he was removed from the doghouse.

The beauty of the rock fence is that it kept the dairy cows inside the field. However, it also could get a young man the girl of his dreams and keep an old man out of the doghouse—what a fence!



Visit the Longcliff Museum and learn more about the use of field rocks in the building of entrance gates and arched bridges. Educational tours are offered for high school, college, and nursing students. To request an educational tour call (574) 737-3612.



The museum is open by request for any interested individuals or groups. Tours can be arranged by contacting the number above or by calling the hospital at (574) 722-4141 and requesting ext. 3712, 3612 or 3803.





Six Ways to Keep Your Mind & Body Cool

Jul 24, 2018

By Henry Emmons, MD

Do you notice yourself feeling irritable in the heat of summer? Overly critical? Agitated or impatient? Or just sapped and lethargic?

You may not know that [serotonin](#) (that soothing, feel-good brain chemical that is so associated with mood) can get depleted in the summer just as it can in the winter. I think of serotonin as a "brain coolant" because it helps protect the brain under extreme conditions like high heat. This hard work can deplete serotonin. In effect, when air temperatures go up, serotonin levels go down. Some speculate that this may explain the increase in violence seen during the hottest days of summer.

Another way to think about what's going on in your body during the hot months is through the lens of Ayurveda, the traditional system of medicine from India. Ayurveda views the summer months as the *pitta* season. Pitta is one of the primary mind-body types and is associated with a somewhat fiery personality and a more

Driven nature. When imbalanced, folks with this type may develop some of the symptoms described above. I call this the "Fire Type," and people who are built this way can have a lot of trouble with the heat. Even if you aren't a Fire Type, you might benefit from a few simple measures to keep you cool in the summer.

Six Ways to Keep Your Mind and Body Cool

1. Keep a Steady Routine

A steady routine is really helpful. Aim to get up and go to bed at the same time each day and keep regular mealtimes. Eat an early, light dinner and never skip meals or wait to eat until you're overly hungry. And be sure to keep a healthy balance between work and play.

2. Eat Cooling Foods

Focus on light, summery foods (e.g., lots of fresh fruits and vegetables). Splurge on an occasional BBQ if you like, but

generally eat only modest amounts of protein, especially red meat. Also aim to minimize spicy foods and greasy foods.

At NMH, we recommend these cooling foods:

- **Dairy:** Milk, cream, butter, yogurt, cottage cheese, egg whites
- **Meats:** Smaller servings of chicken, turkey, shrimp
- **Beans and Legumes:** Tofu, lentils, garbanzo, small black or red beans
- **Nuts and Seeds:** Almonds, pumpkin and sunflower seeds
- **Oils:** Olive, walnut or coconut oils; ghee (clarified butter)
- **Grains:** Barley, oats, wheat, white rice, amaranth
- **Vegetables:** Tender salad greens, leafy vegetables, asparagus, celery, zucchini, green beans and peas; cruciferous vegetables (broccoli, cauliflower, cabbage, bok choy, Brussels sprouts). Consider avoiding nightshades (e.g., potatoes, tomatoes, peppers, eggplant) as they can cause joint pain in people prone to inflammation.

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- **Fruits:** Apples, cherries, grapes, mangoes, melons, oranges, pears, peaches, pineapple, coconut, pomegranates, plums, raisins, all types of berries
- **Herbs and Spices:** Cardamom, coriander (cilantro), parsley, basil, mint, cinnamon, cumin, dill, fennel, lemon and lime, peppermint, saffron, turmeric

3. Move to Cool

More regular exercise is beneficial, but be careful that it doesn't become overly competitive. Swimming and other water sports are ideal. Head to the pool or exercise in nature (especially near water) and doing so with others is a plus. Consider paddling, walking, and easy biking.

4. Prioritize Sleep

If you have mild agitation, you may find that you often wake and ruminate in the middle of the night (typically between 2-4

AM). Help ease this by heading to bed early even with the longer days. You can set aside 30-45 minutes for a relaxed bedtime routine to help you get ready for bed. Try setting the lights low, turn off the computer or TV, read a story, or take a cool shower or bath.

5. Try Aromatherapy

Better yet, try aromatherapy + self-massage! Use sunflower or coconut oil (both of are cooling oils) and add a few drops of a soothing essential oils like mint, rose, or sandalwood. Try our [Soothing Aromatherapy Blend](#) or, if you need a mood booster, the [Uplifting Aromatherapy Blend](#).

6. Balance Your Breath

Try *left nostril breathing*, a yoga technique. Here's how: Inhale through the left nostril and exhale through the right, covering the other side with your thumb or forefinger. Do this for just a few minutes, or until you feel rebalanced and de-stressed.

Still hot? Do your best to stay cool and dry, particularly during those scorcher/humid days. Stay out of the hot sun when you can and protect yourself with loose-fitting clothing and hats and sunglasses. You may need to reduce your exercise or choose the coolest time of the day for more vigorous activity.

If you have more questions about calming your Fire, head to the [Natural Calm](#) and/or [Natural Joy](#) categories and take the sub-type quiz. You may find that you're "Agitated" or "Reactive" and can learn some tailored cooling strategies as these sub-types share similarities with the Fire type. If you instead find you're a different sub-type, you'll still learn ways to soothe and calm your system uniquely for your type.

Stay cool, friends!

<https://www.naturalmentalhealth.com/blog/six-ways-to-keep-your-mind-body-cool>

How to Stay Cool in Warm Weather

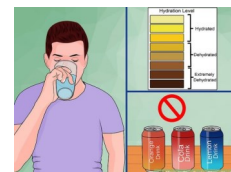
Medically reviewed by [Jennifer Boidy, RN](#)
Last Updated: June 5, 2021 References [Approved](#)

Keeping cool in warm weather is a multi-faceted challenge. Risks of getting too hot in warm weather include dehydration, and a variety of heat-related illnesses, including heat stress, heat cramps, heat exhaustion, or even heat stroke. Keeping your body cool will also help to keep your mood calm too, for heat often exacerbates feelings of stress, tension and frustration. There are lots of simple and effective ways to stay cool in warm weather and most of them are very affordable.

Method1

Eating and Drinking to Stay Cool

Stay hydrated. Water is essential for keeping you cool during hot weather. Water keeps your body cool and should be drunk even if you don't feel thirsty. It's okay to also drink commercial waters (such as Vitamin Water) or sports drinks such as Powerade or Gatorade but they're usually not necessary unless you're deliberately replenishing lost vitamins/electrolytes following a sporting activity.



- The best way to check your hydration level is to measure your urination color. Anything darker than straw colored is probably an indication that dehydration is on the horizon, and water is needed.

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- Stay away from sugary drinks such as sodas (even if they are sugar-free!); they decrease the ability of your body to store water. Also, steer clear of alcoholic drinks, coffee, and caffeinated drinks, which are natural diuretics.

Don't wait until you're thirsty to drink. Drink plenty of water before engaging in any activities. If you wait too late, you could experience cramps, which are a sign of heat-related illness. Remind yourself to drink water frequently with one of the following options.



- Purchase a durable water bottle or water pack that you can tote everywhere and refill at any safe water tap.
- Freeze a bottle of water to carry around with you. It'll be solid when you leave the house, but the heat will start melting it from the moment you take it out of the freezer. Wrap it in a towel to prevent water condensation affecting other items in your bag.
- Download a water drinking app onto your phone. Set reminders, daily targets, and even track when the last time you had a drink.

Choose cooling foods. Food can keep you cool provided you make the right choices. Choose salads, fresh raw food, vegetables and fruit. "Cool as a cucumber" is literal; it is nearly 100% water, providing hydration to keep you cool. Avoid eating meat and protein-heavy foods during the heat of the day because these can increase metabolic heat production, which can add to loss of water.



- It may seem counter-intuitive, but eating spicy peppers may help cool you off. They make you sweat, which provides a cooling sensation.
- Smaller meals may also help keep your core temperature down. Large meals require the body to work harder breaking everything down.]

Make food without using the oven or stove. Find foods that don't need to be cooked, or don't need heat to be cooked. If you must actually cook, keep the cool air in, and the temperature down, by using the microwave instead of the stove or oven. For example, you can microwave frozen vegetables and canned soup instead of cooking them on the stovetop.



- Cold soups are great in warm weather. If you haven't tried them yet, hot weather is the

excuse you need! The fact they are often healthy is just an added benefit.

- Make popsicles, slushies, frozen fruit, frozen yogurt, and other frozen treats to help you cool

Method 2

down.

Protecting Yourself from the Sun

Stay out of the sun while it's at its hottest. This commonsense approach isn't

always easy to adhere to when summer fun beckons, so it bears repeating. Avoid activities in the noontime sun as much as possible. It's best to limit your sun exposure between the hours of 10 a.m. and 4 p.m. each day during warmer months. When you are outside during these times, limit your exposure as best as you possibly can.



- Schedule activities early in the morning or later in the afternoon
- Some people are particularly vulnerable to heat and should stay in cool places during hot weather, such as children, the elderly, obese, redheads, gingers, and those who have health problems.

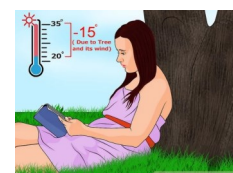
Wear sunscreen! While

sunscreen doesn't necessarily have a cooling effect, its protective effect is vital during warmer weather. As well as being painful and damaging, sunburn can cause a fever and various signs of dehydration. If left unchecked, sunburns can lead to heat exhaustion or heat stroke.



- At the minimum, use SPF 15. If you're planning on being outside for a while, SPF 30 would be a better option.
- Reapply often. Every two hours is recommended, but it should be reapplied more often if you're swimming or sweating a lot.
- Apply roughly a shot glass worth of sunscreen to cover the entire body.

Stay in the shade. Retreat to shade as much as possible. Taking breaks under trees works doubly well because trees release water into the air that absorbs some of the heat. While shade doesn't lower the actual temperature, the lack of sunlight exposure makes it feel like the temperature is up to 15 degrees cooler.



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- If a cool breeze comes by, that can feel like an additional lowering of 5 degrees in the shade.

Splash water on your skin.

When it's hot and sunny outside, a dip in cool water is refreshing. Jumping into a pool is not always a choice. Don't forget low-maintenance options like sprinklers. You could also try taking showers or baths with cooler than normal water to take the edge off.



- Fill a spray bottle with pure water and place in the refrigerator at home or work. When you feel too hot, spray a fine mist of the cooled water over face and body to help cool you down quickly. Refill as needed and keep refrigerated.
- Make a game of staying cool. Gather friends and run through sprinklers. Throw water balloons. Have a squirt gun battle.

Method 3

Dressing to Keep Cool

Wear lighter clothing.

Lightweight, loose-fitting clothing will help to keep you cooler. If it is light in color, it's even better, as this will reflect the heat and sunlight better. Shorts and short sleeved shirts are good choices. Something that lets the air flow freely through, hitting the sweat on your body, works best. The following suggestions are specific ways clothing can maximize your ability to stay cool:



- Cotton and linen clothing tends to keep you cool and absorb moisture.
- Clothes you can hold up to the light and see through are great choices. Be sure to apply sunscreen when wearing really thin clothing, however, as the clothing doesn't provide adequate protection from the sun's harmful rays.
- Synthetic clothing tends to trap moisture, which makes the fabric feel heavier, stick to your skin, and restrict air-flow.
- Working in lower humidity settings with short sleeves has been shown to have a minor benefit. Weigh the options of UV exposure with your choice of clothing.

Keep your head covered. Wear a wide-brimmed hat, one that sufficiently covers the top of your scalp as well as the tops of your



ears. This helps to keep you cooler by providing shade. Choose a brim that is wide enough that it can also cover the back of your neck.

- Light-colored hats can help keep you cool.

Wear breathable footwear.

Depending on the activity, one shoe could be more comfortable or appropriate than another. Consider whether arch support, durability, and comfort are mandatory, and then choose the best breathable footwear for the activity.



- Cotton socks are great, but moisture wicking socks help your feet stay cooler.
- Some running shoes are designed with the summer months in mind, providing ventilation in a variety of designs.
- Be careful if you decide to go barefoot. Many artificial pavements become unbearably hot during warm weather and can scald your feet.

Choose function over style.

Wear fewer accessories during hotter weather. Metallic accessories can heat up considerably and less is always best when it comes to keeping cool. Other clothing accessories can weigh clothing down, trapping in heat and moisture. If you have long hair, wear it up and off your face and body, allowing the breeze to flow along your neckline.



Method 4

Keeping Your House Cool

Use fans.

While the efficacy of fans during extreme heat and humidity has been debated, some research suggests fans are beneficial up to 97 °F (36 °C) with 80% humidity, and 108 °F (42 °C) with nearly 50% humidity. Whether hand-held or electric, fans can keep you cool by continuously circulating air. In your home and office space, locate fans in rooms where you are working or resting to keep the air circulating freely and to reduce the mugginess of heat.



- Try making your own "swamp cooler." These evaporative coolers can reduce temperature by significant amounts. They range from the simple (i.e. a bowl of chilled water in front of a fan) to the semi-complex. With just a few PVC pipes, a bucket, an electric fan, and a frozen gallon of

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water, you can create mid-40 °F (4 °C) wind. However, keep in mind that swamp coolers will not work with humid heat.

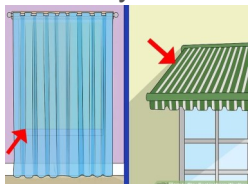
- A fan should not be the primary source of cooling down in extremely hot weather. Fans work well, but only if the weather is not too hot.

Use air conditioning. Even if your home does not have central air, placing a small window air conditioner in one room of your home may help to keep it cool during the summer. For example, you could place the air conditioner in the room where you spend the most time, such as the living room, kitchen, or your bedroom.

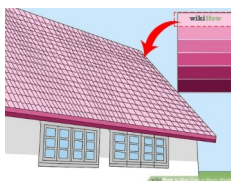


- You can also try running the air conditioner at the highest comfortable temperature to avoid racking up a high electricity bill.
- Visit public buildings if you don't have adequate air-conditioning at home. A few possible locations to avoid the heat:
- The library is a great place to get cool and learn new information.
- Grocery stores are air conditioned well. And if it's particularly hot, visit the freezer section and peruse for a while.

Close curtains and blinds. The sun's rays convert to heat. However possible, you should block the rays coming into your house to keep the temperature down. Closing curtains, lowering shades, or even blocking windows can significantly reduce the heat in your house and keep it cool. Awnings work as well, because they keep the direct heat off the windows without blocking out all light.



Minimize the effects of sunlight on your roof. Changing the color of your roof can decrease the temperature in the house. Cooler colored roofs are approximately 50 degrees lower during hot summer months. You can put a special coating on your existing roof to lighten the color, or replace the traditional darker shingles with a lighter color.[



- If you are interested in getting a special treatment for your roof to reduce the temperature in your home, then contact a roofing professional to find out about your options. You might want to wait until you need to replace your roof to make these changes.

Insulate well. Better insulation means less heat in the summer. If your house is hot, you can cool down easier with better insulation. Less crevices and avenues for the air to escape means the cool air stays inside.



- Ensure there is some air between insulation and roofing material.

Method5

Strategizing to Beat the Heat

Plan ahead. Whatever you're doing outdoors, having a plan will help cut down on unnecessary activity in the heat. By having a plan, you can set time limits on your exposure to the heat and plan ways to minimize the effects of the heat before you head into it each day. Always be sure to stick to your time limits by prioritizing and leaving less important things to be finished when it's cooler.



- When hiking, study the map at the beginning of the day, and calculate the best route, especially one that makes the most of shade where possible.
- While swimming, monitor your time in the pool. You may think there is minimal sun exposure because of the cooling effect of the water, but staying in too long without reapplying sunscreen or taking a break could lead to sunburn.
- If you have to travel a lot during hot days in your vehicle, plan ahead by having your vehicle inspected and ensuring that your air-conditioning is in working order. When you notice the temps aren't as frigid as you'd like, take it in for service. The car is likely low on Freon.

Check local weather or news for updates.

As part of your planning, spend time watching the weather forecasts. In the USA, NOAA produces a heat alert based on Heat Index Values. The importance of this measure is that it tells you how hot it will feel outdoors when the relative humidity has been factored in with the actual air temperature. Be aware that heat index values are devised for shady areas and light wind conditions. If you're under full sunshine and in the presence of strong winds, the heat factor can increase by up to 15 °F (–9 °C).



...Continued on Page 16

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Allow yourself time to acclimatize if traveling.

Travelers often make the mistake of trying to maintain normal levels of activity when arriving in a country warmer than the one they've left. Acclimatization can take up to 10 days depending on the temperature difference. Rather than pushing yourself, give yourself time to acclimatize to the new warmer environment, which means minimizing physical activity until the heat feels more tolerable.

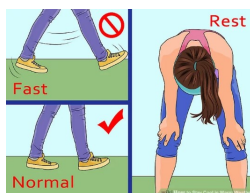
- Once you feel more comfortable in the heat, gradually build up your physical activities until you're back to your normal level.



Pace yourself when working in the heat.

Slow down, it's not worth pushing yourself strenuously when it's hot outside. Start and progress gradually, noting when the heat is really affecting you. Rest is an important way of coping with too much heat. Don't deny yourself the opportunity to rest when you feel fatigued during warm weather.

- Things that require a lot of physical effort can be done early in the morning or later in the day.



Tips

- Be sure to keep an eye on children's water intake and give them plenty of water during hot weather.
- Run cool water on your wrists for a few minutes and it will make you cooler!
- Pour a little ice cold water into your hat or cap, then place on your head. It'll cool down your head area quickly.
- Reapply sunscreen according to package directions. Always apply 20 to 30 minutes before heading out into the sun. Sunscreen should have an SPF factor of at least 15+ but not higher than 50+.[38] Remind children to reapply, as they can easily forget.
- Public transport: sit on the shaded side.
- Make sure your pets have plenty of cool water and shade. Don't walk your dog on hot concrete, as it can burn their unprotected pads, and never leave animals in the car.

Warnings

- Never leave children or animals in a parked car

during hot weather. Temperatures in a car or other vehicle can quickly heat up and kill the occupants as a result of hyperthermia. The bodies of children and pets heat up faster than those of adults. Even for short stops, take children and pets with you, or leave them at home.

- Be aware that some objects can become unbearably hot, such as seat belt buckles and steering wheels.
- You are more likely to be impacted by hot weather if you are elderly, very young, obese, suffering from an illness that has caused a fever, have poor circulation or heart disease, have sunburn or suffer from a mental illness.
- If you are experiencing signs of a heat-related illness, such as headache, fatigue, weakness, dizziness, and/or nausea, stop what you are doing, seek shade or air-conditioning, rest, and drink water. If these symptoms continue even after cooling off, call your doctor. If symptoms get worse call 911.
- If you are experiencing more severe symptoms, such as fast heart rate, severe nausea, and vomiting, trouble breathing, body temperature at or above 102 F, excessive sweating or skin that is red, hot and dry, seek emergency care immediately (call 911).

About This Article

Medically reviewed by:

Jennifer Boidy, RN
Registered Nurse

This article was medically reviewed by [Jennifer Boidy, RN](#). Jennifer Boidy is a Registered Nurse in Maryland. She received her Associate of Science in Nursing from Carroll Community College in 2012.

<https://www.wikihow.com/Stay-Cool-in-Warm-Weather>



The Wellness Committee consists of:

Diana Anderson, Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Darrin Monroe, Julie Stapleton, Lucia Ward and Kenneth Zawadzki.

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Sneaky Snaps!



Cass County 4-H Fair...

During the Cass County 4-H Fair, Staff were caught either working the Logansport State Hospital booth talking to people about the history of the hospital, catching up with retiree's, or whether it was trying to recruit new hires, or just catching that sneaky snap of a LSH employee that came to say hi. Fun is always had at our fair booth; thank you to all who volunteered.

...Thank you to all who volunteered!

Watermelon Steaks with Warm Pickled Shrimp

<https://www.foodandwine.com/recipes/watermelon-steaks-warm-pickled-shrimp?>

Course: Main Dish | Cuisine: American

INGREDIENTS

- 1 cup apple cider vinegar (such as Bragg)
- 1/2 cup plus 2 tablespoon extra-virgin olive oil, divided
- 1 tablespoon plus 1/2 teaspoon kosher salt, divided
- 2 teaspoons coriander seeds, lightly crushed
- 12 ounces peeled and deveined tail-on raw large shrimp
- 1 medium-size red onion, thinly sliced
- 1 medium jalapeño, thinly sliced
- 1 (2-inch-thick) watermelon round (from the center of 1 large seedless watermelon), quartered
- 1/4 cup fresh flat-leaf parsley leaves
- Lime wedges, for serving

Total:

25 mins

Yield: 4



DIRECTIONS

• Step 1

Stir together vinegar, 1/2 cup olive oil, 1 tablespoon salt, and coriander seeds in a medium saucepan; bring to a boil over high. Add shrimp, onion, and jalapeño. Cover pan, and remove from heat; let stand 20 minutes, stirring once after 10 minutes.

• Step 2

Meanwhile, preheat grill to high (450°F to 500°F). Brush watermelon quarters with remaining 2 tablespoons oil, and sprinkle with remaining 1/2 teaspoon salt. Place watermelon on grill grates, and grill, uncovered, until slightly softened and grill marks appear, about 4 minutes per side. Transfer to a platter. Using a slotted spoon, top watermelon wedges evenly with pickled shrimp mixture. Spoon a few tablespoons of pickling liquid over top of each, and garnish with parsley. Serve immediately with lime wedges.

WHO AM I?

Can you guess who's donning the military outfit pictured below?
If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by August 27, 2021.

Employees with correct answers will have their name put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free five-dollar gift certificate.



Congratulations to Stephine Walker for guessing Verlin Klinefelter that was pictured as the last "Who Am I?".



Verlin Klinefelter

If you have a picture of an employee and would love to have a little fun with it call Darrin Monroe at #3803 or email Darrin at darrin.monroe@fssa.in.gov